

## ABSTRACT

5 A mold conditioning sheet comprising at least two base sheets and a mold conditioning component (or a mold conditioning component and a molding member) enclosed between the base sheets. The base sheet as an upper side layer or an outermost layer is a fibrous base sheet having a porosity of 70% or more, and the base sheet as a lower side layer is a fibrous base sheet having a porosity of 40% or less and/or a heat-resistant film.